



Virginia Masters News

"FROM THE MOUNTAINS TO THE SEA...IT'S VMST"

Published by the Virginia Masters Swim Team

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NEWS BRIEFS

✓ NEW VMST MEMBERS

Eileen Amesbury - Richmond
Michael Armstrong - Richmond
Michael Espino - Fairfax
Shannon Hutcherson - Richmond
Billie Millner - Newport News
Edward Millner - Midlothian
Thomas Peck - Lexington
Anthony Saenz - Norfolk
Amy Smith - Fredericksburg

✓ VMST MEMBERSHIP

As of 2/10/96, VMST had 305 members: 148 men and 157 women. The largest group of registrants is in the men's 40-44 age group (34 registrants). If you know anyone who still needs to register with USMS (whether it be with VMST or some other Virginia team), have them call Craig Campesi (703-791-5567) to get a copy of the USMS registration form.

✓ CONGRATULATIONS to VMST member Judy Martin. She has been selected as the Norfolk City High School Swim Coach of the Year for the second year in a row.

✓ Thinking of swimming in Blacksburg? Call Alan Davis (the coach) at (540) 951-3475 or the pool at (540) 231-6916 for information. Workout times are Tuesday and Thursday 8-9AM, Saturday 4-6PM, and Sunday 4-5:30 PM.

Notes from the President

by Beth Waters



Many THANKS go to Nancy and Jim Miller for holding the Virginia Masters Winter Invitational on February 10th and 11th in Richmond. There were a record 214 participants at the meet! Many swimmers had great times, Jayne Bruner of D.C. Masters in particular. Jayne set a new National Record for the 100 yard breaststroke in the women's 60-64 age group with a time of 1:24.84. Congratulations, Jayne!

There are several meets coming up in the next few months that you may be interested in attending. The **Upcoming Events for Virginia Swimmers** article on page 2 of this newsletter has the most current list of meets in the area. If you need information about any of the events, call the contact person at the number listed on page 2. Additional information about VMST participation in the Short Course Nationals meet in DeAnza, CA, is provided on page 4.

The Taper for Nationals - The Last Few Weeks

by Jim Miller, M.D.

The last few weeks of your training season have a great impact on your ability to swim at the top of your ability at a championship meet. Each individual needs to pick what that championship meet will be, of course. Several key elements in preparing for your maximum performance need to be included in your consideration.

#1: Nutrition - This is a strange way to start this article, but in order to perform like a champion, you must eat like one. Your body needs simple carbohydrates and a relatively low-fat diet, as well as good hydration, to recover from each workout. The old days of eating whatever you wanted during your training season and carbo-loading before a major event are over. We now realize that muscles recover best when supplied after practice with the carbohydrates they have burned. There is an optimal window of 20-30 minutes following the practice, and an extended window of up to two hours following the workout, when carbohydrate absorption is most complete. Hydration remains important, but remember that any diuretics make this hydration process more difficult. Diuretics include not only those that may be prescribed by your physician, but the caffeine or alcohol that you may consume. Alcohol is a separate topic, since it is also a nervous system depressant that works contrary to performance. (I know that this is not a fun statement, but keep reading anyway!) Remember that for best performance, eat lightly on the day of the meet and try to have your meal low in fat and high in simple carbohydrates and fluids. Complete the meal at least 2-3 hours before the competition.

(Continued on p. 3)

Upcoming Events for Virginia Swimmers

- ◆ April 13-27, 1996
INTERNATIONAL SENIOR GAMES
Bermuda
(800) 867-5935 or (203) 352-0532
- ◆ April 18-21, 1996
YMCA MASTERS NATIONAL CHAMPIONSHIPS
Orlando, FL
- ◆ April 20-21, 1996
DIXIE ZONE SHORT COURSE CHAMPIONSHIPS
Raleigh, NC
Steve Weatherman (919) 850-0420
- ◆ April 27, 1996
1ST ANNUAL STAR CITY MASTERS MEET
Vinton, VA
Bill Pharis (540) 890-2867 or Susan Kessler (540) 343-1383
- ◆ May 3-5, 1996
COLONIES ZONE SHORT COURSE CHAMPIONSHIPS
Wilton, CT
Aileen Zaffaroni (203) 834-9968
- ◆ May 9-12, 1996
USMS NATIONAL CHAMPIONSHIPS
De Anza, CA
- ◆ May 15 - October 15, 1996
10K2 1000 METER 2-PERSON POSTAL MEET RELAY
Mike Stott (804) 288-8808
- ◆ May 26, 1996
RESTON MASTERS 2-MILE LAKE SWIM
Reston, VA
Lynne Hook & Helene Burden (703) 845-SWIM
- ◆ June 1, 1996
POTOMAC RIVER SWIM FOR THE ENVIRONMENT
Joe Stewart (410) 243-4418
- ◆ June 16, 1996
JACK KING 1-MILE OCEAN SWIM
Virginia Beach, VA
Betsy Durrant (804) 422-6811
- ◆ June 22-28, 1996
WORLD MASTERS SWIMMING CHAMPIONSHIPS
Sheffield, England
- ◆ July 6, 1996
CHARLOTTESVILLE 2-MILE CABLE SWIM
Charlottesville, VA
Linda McCowan (804) 389-2537
- ◆ August 9-22, 1998
WORLD MASTERS GAMES
Portland, OR

Camps and Clinics

TOTAL IMMERSION ADULT SWIM CAMPS
Workshop Schedule:
March 9-10: Muncie, IN
Mar 16-17: Atlanta, GA
Mar 23-24: Los Angeles, CA
Mar 30-31: New Orleans, LA
Mar 30-31: San Diego, CA
Apr 13-14: Boston, MA

Apr 20-21: Albuquerque, NM
Apr 20-21: Orlando, FL
May 4-5: Washington, DC
May 11-12: Seattle, WA
May 18-19: Oakland, CA
May 18-19: Austin, TX
Contact **Terry Laughlin** at 1-800-609-SWIM

VMST Officers

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Newsletter Editors: Chris and Heather Stevenson, 15 Bostwick Lane, Richmond, VA 23226 (804) 282-1573

(*Taper cont'd from p. 1*)

#2: Sprinting - You are now in the part of the season when sprinting should be a part of each practice. Whether it is at the end of a long set or interspersed within sets, you should be sprinting with regularity, making sure that you have adequate rest to recover. Adequate rest frequently means two to three times the swimming time (i.e., if you swim a 50 freestyle in 45 seconds, your send-off time for a sprint would be 1:30 to 2:15 for optimal performance).

#3: Turns - Along with sprinting, you need to make sure that good, tight, streamlined turns and quick wall reaction are part of your workout. Remember that the turn you use in circle swimming is very different from the turn you use in a race. To practice your race turns, some of your workout sprinting should feature straight line turns where you do not have to worry about another individual bearing down on you from behind. How many times have you seen your friend in a distance free event swim not a 500 free, but a 525 or farther when you include the circling within the lane? This circling shortens the push-off and glide and adds strokes and distance. It should not surprise you that the swimmer swimming the 500 usually prevails over the swimmer that swims the 525+.

Breast and fly offer some interesting variations from the standpoint of timing. Circle swimming contributes to bad habits such as dropped shoulders and one-hand touches (both of which result in disqualification). Please don't forget the importance of the streamline as well as the complexities of each individual turn, whether it is kicking off the wall in backstroke and fly, or the timing of the

"An important guideline for turns is the *one-second rule*: from the time your hands touch to the time your feet leave should be less than one second.

underwater stroke in breaststroke. Keep in mind the "5-second" rule for surfacing on the turn in breaststroke - *the best breaststrokers will usually surface from their underwater pullouts approximately 5 seconds after their feet have left the wall*. The other important guideline for turns is the "1-second" rule - *from the time your hands touch to the time your feet leave should be less than 1 second*.

#4: Dives - If your pool is of the appropriate depth to allow safe diving, you should now be getting into the habit of routinely performing at least two dives and potentially one backstroke start during each practice. By doing this as part of your routine, you will become more comfortable with diving. For those individuals who have difficulty keeping their goggles on during a dive, remember that goggles come in all shapes and sizes because there are all shapes and sizes of faces. You simply need to find the goggles that fit you best and allow you to execute your dive. Remember that diving becomes less important as the distance increases, and, in masters swimming, diving from the side or water starts are always allowed whether in individual events or in relays. It is also fun to work on relay starts. The timing of this can be challenging, particularly if you are not sure how the individual pre-

ceding you swims and finishes his or her races.

#5: Rest - This of all things seems to be the most difficult topic for athletes whether they are age group or masters swimmers. For the week prior to your major championship, you have to realize that your building process is over and that continuing to push yardage only impairs the muscle rebuilding that you need for your best performance. If you do work out during the week prior to your championship, it should be of relatively low intensity or performance based intensity with a tremendous amount of rest between sprints (i.e., 2x50 freestyle on 1:45 followed by 2x200 drills on 4:00). This example would allow the muscles to perform, rest, perform again, and then have any by-products washed out from stress that has been placed upon them. All too often, the athlete with a major performance puts in good quality before going to the meet to get themselves ready. The same person will very frequently say that they feel like they could have swum faster a week after the championship meet. This is a by-product of working too hard before going to the championship. Remember the rule that whenever in doubt about what you should be doing, do nothing and rest. Diet remains important during this last week.

Good luck to you, and remember that swimming your best is exciting and fun. Camaraderie gained both from the experience of swimming on relay teams and from traveling together with a team group is tough to duplicate. Regardless of your ability level, take pride in your efforts and be rewarded by your continued improvement.

Short-Course '96 - DeAnza, California

by Jim Miller

Twenty-two Virginia Masters flew to the West Coast to Santa Clara in 1993 for an exciting, fun-packed Short-Course Nationals. The VMST women's team placed 4th in the small team division and in the process, scored higher than the 3rd place large team division women. Virginia Masters won no fewer than three relay titles and multiple individual All-American performances were posted by our team.

DeAnza, California is five miles from the site of our triumph in '93 and should be the site of a repeat and improvement of that stellar performance. Thus far, based on pre-registration of rooms, it would appear that 30-35 Virginia Masters will be headed West.

There are, as always, limitless opportunities in nearby San Francisco, and it's not too late for you to join us and be a part of another exciting team effort. Please contact us soon regarding your intention so that you can be included in the team memento supplied to our traveling members. We also have blocked a group of hotel rooms, so let us know if you would like to reserve a room or like to share one with a team member.

Please fill out the relay form included below, whether or not you are interested in swimming a relay. Be sure to fill in the appropriate times and circle the relays you are interested in participating in. Note the days that the relays are being held as well as the time for the team picture.

There are three important dates you will need to keep in mind.

1. The entries for SC Nationals must be received **no later than April 4, 1996**.
2. The team picture will be taken on **Friday, May 10th** following the 200 Freestyle Relay.
3. The team workout will be at **3:00 PM on Wednesday, May 8th**. This is a workout to familiarize you with the pool, to go over relay procedures, and to pick up your Virginia Masters materials.

Please don't delay in your response. We look forward to you being with us. See you there!

VMST National Relay Entry & Attendance Form

1996 Short-Course National Championship - DeAnza, CA

Instructions: If you plan to attend Short-Course Nationals, *whether or not you wish to be on a relay team*, please complete this form and return it to Jim Miller at the following address by April 15, 1996:

Jim Miller, MD, 1447 Johnston-Willis Dr, Richmond, VA 23235

NAME: _____ PHONE (H): _____

Age as of May 12, 1996: _____ PHONE (W): _____

Relays of interest (please circle all that you are interested in):

Freestyle
(Friday)

Mixed Medley
(Friday)

Mixed Free
(Saturday)

Medley
(Sunday)

No Relay

Please submit your short course yards times for the following events (to help the coaches put together relays):

50 Back: _____

50 Breast: _____

50 Fly: _____

50 Free: _____

Please circle your T-shirt size:

Small

Medium

Large

X-Large

LMSC FOR VIRGINIA

Meet Manager Pg 5

Virginia Masters Winter Invitational
February 10 & 11, 1996 -- Richmond, Virginia

Men 50 Back		
1	TONY SAENZ	27 VNST 31.88
2	MICHAEL FLYNN	26 DCAC 34.42
3	CURTIS HINE	28 DCAC 34.63
Men 50 Race		
1	LUKE KAY	27 DCAC 43.25
Men 100 Back		
1	MARK GILL	27 VNST 1:05.79
2	ERIC HALKERSON	29 BURK 1:08.38
3	KURT SCHUSTER	28 VNST 1:10.82
4	CURTIS HINE	28 DCAC 1:13.87
Men 200 Back		
1	CURTIS HINE	28 DCAC 2:38.52
Men 50 Breast		
1	HATT REA	27 TRIG 29.98
2	GLENN WLAKE	28 DCAC 32.10
3	CHARLES COCKRELL	27 VNST 32.14
4	MARK GILL	27 VNST 32.34
Men 50 Breast		
1	LUKE KAY	27 DCAC 41.69
Men 100 Breast		
1	NEILL WILLIAMS	27 DCAC 1:02.99
2	ANDY RINGH	29 VNST 1:09.46
3	CHARLES COCKRELL	27 VNST 1:10.11
4	GLENN WLAKE	28 DCAC 1:10.87
5	GARY RIVERA	29 VNST 1:14.56
6	C. HELLER	27 TRIG 1:15.41
Men 200 Breast		
1	ED ASHTON	28 BURK 2:39.26
Men 50 Fly		
1	ART SANCHEZ	25 SABS 24.84
2	HATT REA	27 VNST 27.71
3	KURT SCHUSTER	28 VNST 28.82
4	GLENN WLAKE	25 VNST 29.10
Men 50 Fly		
1	LUKE KAY	27 DCAC 36.51
Men 100 Fly		
1	NEILL WILLIAMS	27 DCAC 55.47
2	GARY RIVERA	29 VNST 1:10.72
Men 100 IN		
1	NEILL WILLIAMS	27 DCAC 55.62
2	SEAN CALLENDER	26 VNST 1:01.37
3	HATT REA	27 VNST 1:04.11
4	GLENN WLAKE	28 DCAC 1:05.18
5	ERIC HALKERSON	29 BURK 1:06.36
6	KURT SCHUSTER	28 VNST 1:07.40
7	LUKE KAY	27 DCAC 1:23.56
Men 200 IN		
1	NEILL WILLIAMS	27 DCAC 2:07.42
2	SEAN CALLENDER	26 VNST 2:16.10
3	GLENN WLAKE	28 DCAC 2:25.23
4	MARK GILL	27 VNST 2:26.36
5	GARY RIVERA	29 VNST 2:29.44
6	GLENN WLAKE	25 VNST 2:34.57

Event Results for Timed Finals

Men 400 IN		
1	JAMES WOLFE	27 VNST 4:34.17
2	NEILL WILLIAMS	27 DCAC 4:55.20
3	CHARLES COCKRELL	27 VNST 5:09.55
4	MARK GILL	27 VNST 5:28.40
Age 30 Through 34		
PL	Name	Age Team Finals
1	CHRIS FLOOD	33 VNST 23.27
2	DAVID MICHAELS	32 DCAC 23.45
3	IAN WRIGHTSON	31 VNST 23.82
4	STEVEN WUNDER	31 DCAC 25.15
5	GUY BEAVER	34 VNST 28.20
6	JOHN THOREEN	31 SABS 28.46
7	KELLY RAGAN	33 DCAC 29.18
8	JOEL GINSBERG	33 DCAC 31.07
Men 100 Race		
1	CHRIS FLOOD	33 VNST 51.91
2	DAVID MICHAELS	32 DCAC 53.53
3	MIKE ESPINO	31 VNST 59.28
4	GUY BEAVER	34 VNST 1:01.89
5	KELLY RAGAN	33 DCAC 1:07.51
6	ALAN CARIASO	30 DCAC 1:08.41
7	JOEL GINSBERG	33 DCAC 1:09.89
8	EDUARD GUEDEZ	34 DCAC DQ
Men 200 Race		
1	JERRY SMITH	30 VNST 1:53.82
2	GEORGE SUSHKOFF	30 VNST 1:57.08
3	SEAN CANTRELL	30 VNST 2:36.71
Men 50 Race		
1	DAVID CORAY	33 DCAC 5:39.97
Men 100 Race		
1	SCOTT JOHNSTONE	31 VNST 11:27.83
Men 1650 Race		
1	DAVID CORAY	33 DCAC 19:39.97
2	ERIK KIELIN	32 DCAC 58.27
3	GEORGE SUSHKOFF	30 VNST 1:01.44
4	DAVID WALSBUURY	34 VNST 1:01.79
5	CHRIS FLOOD	33 VNST 1:02.41
6	HORWOOD THORNTON	31 VNST 1:16.91
7	ALAN CARIASO	30 DCAC 1:18.14
8	GUY BEAVER	34 VNST 1:20.16
9	JOEL GINSBERG	33 DCAC 1:23.26
Men 200 IN		
1	ERIK KIELIN	32 DCAC 2:05.56
2	DAVID WALSBUURY	34 VNST 2:28.47
3	SCOTT BLOOM	32 DCAC 2:43.01
4	HORWOOD THORNTON	31 VNST 3:13.01

LMSC FOR VIRGINIA

Meet Manager Pg 6

Virginia Masters Winter Invitational
February 10 & 11, 1996 -- Richmond, Virginia

Event Results for Timed Finals

Men 400 IN			Men 200 Race			Men 500 Race		
1	ERIK KIELIN	32 DCAC 4:37.73	1	JONATHAN KLEIN	38 NCMS 2:15.78	1	LEO ESPINOSA	35 DCAC 4:50.47
2	JERRY SMITH	30 VNST 4:38.93	2	STEVE DYE	37 VNST 2:23.17	2	WILLIAM MARTIN	36 VNST 5:49.35
3	GEORGE SUSHKOFF	30 VNST 4:46.18	3	BARRY SAUNDERS	37 VNST 2:27.77	Age 40 Through 44		
Age 35 Through 39								
PL	Name	Age Team Finals	1	JOSE CUNNINGHAM	39 DCAC 29.86	1	GARY PANTALEO	41 VNST 32.32
2	PATRICK RYAN	37 VNST 30.58	2	STEVE WOLF	38 VNST 33.92	Men 50 Race		
3	STEVE WOLF	38 VNST 33.92	4	PETER VIROK	37 VNST 35.83	1	DAVID HEFRER	41 VNST 24.21
Men 50 Race								
1	CARTER GRANT	36 VNST 22.70	1	LEO ESPINOSA	35 DCAC 1:07.39	2	SEAN WEBB	44 VNST 25.19
2	JOSE CUNNINGHAM	39 DCAC 22.95	2	PATRICK RYAN	37 VNST 1:08.37	3	CRAIG BAUER	43 VNST 25.97
3	JONATHAN KLEIN	38 NCMS 25.31	3	MICHAEL KONTOS	35 VNST 1:12.98	4	JACK HARVEY	43 DCAC 26.24
4	BILL BURGIN	38 VNST 25.17	4	PETER BEARD	36 DCAC 1:14.79	5	HODMALL JAVIS	41 UNAT 1:03.78
5	STEVE WOLF	38 VNST 26.17	5	STEVE WOLF	38 VNST 1:15.33	6	ED KILLNER	42 VNST 1:04.12
Men 100 Race								
1	CARTER GRANT	36 VNST 50.28	6	PETER VIROK	37 VNST 1:14.47	7	RICK STUDLEY	43 VNST 1:07.95
2	ROBERT BLISS	35 TRIG 52.97	7	WILLIAM MARTIN	36 VNST 1:20.82	8	JIM REYNOLDS	43 VNST 1:08.41
3	JONATHAN KLEIN	38 NCMS 54.04	8	ERIK WELLFORD	39 DCAC 1:32.69	Men 100 Race		
4	BILL BURGIN	38 VNST 57.62	1	LEO ESPINOSA	35 DCAC 2:28.39	1	CRAIG BAUER	43 VNST 56.44
5	STEVE WOLF	38 VNST 1:00.69	2	PATRICK RYAN	37 VNST 2:29.48	2	JOHN FEINSTEIN	40 UNAT 58.56
6	MARK SHRINADA	37 VNST 1:01.36	3	MICHAEL KONTOS	35 VNST 2:37.52	3	JACK HARVEY	43 DCAC 1:00.66
7	BARRY SAUNDERS	37 VNST 1:01.63	4	PETER BEARD	36 DCAC 2:45.83	4	BLAINE PEARSEALL	43 SABS 1:03.48
8	ERIK WELLFORD	39 DCAC 1:18.51	5	PETER VIROK	37 VNST 2:46.14	5	HODMALL JAVIS	41 UNAT 1:03.78
Men 200 Race								
1	ALFRED WALSH	35 VNST 1:59.09	6	ERIK WELLFORD	39 DCAC 3:19.02	6	ED KILLNER	42 VNST 1:04.12
2	ERIK WELLFORD	39 DCAC 2:57.53	Men 50 Fly			7	RICK STUDLEY	43 VNST 1:07.95
Men 500 Race								
1	LEO ESPINOSA	35 DCAC 5:26.58	1	CARTER GRANT	36 VNST 25.07	8	JIM REYNOLDS	43 VNST 1:08.41
2	JAMES BRINKMAN	37 VNST 6:01.25	2	JOSE CUNNINGHAM	39 DCAC 26.16	Men 200 Race		
3	WILLIAM MARTIN	36 VNST 6:24.37	3	JAMES BRINKMAN	37 VNST 28.19	1	ROBERT BIGELOW	42 DCAC 2:21.83
Men 1000 Race								
1	LEO ESPINOSA	35 DCAC 11:31.30	4	DARRELL COFSKY	39 SABS 28.67	2	HODMALL JAVIS	41 UNAT 2:30.48
2	F. JOHNSON	36 DCAC 12:54.90	5	F. JOHNSON	36 DCAC 30.45	3	ED KILLNER	43 VNST 2:30.43
3	WILLIAM MARTIN	36 VNST 13:17.37	Men 100 Fly			4	RICK STUDLEY	42 UNAT 2:35.27
4	ERIK WELLFORD	39 DCAC 16:47.61	1	WILLIAM MARTIN	36 VNST 2:47.12	Men 500 Race		
Men 1650 Race								
1	ALFRED WALSH	35 VNST 18:44.49	2	DAVID GUGGER	41 VNST 5:32.54	1	DAVID GUGGER	41 VNST 5:32.54
2	STEVE DYE	37 VNST 21:16.29	3	JOHN FEINSTEIN	40 UNAT 6:10.07	2	JOHN FEINSTEIN	40 UNAT 6:10.07
3	ERIK WELLFORD	39 DCAC 27:49.48	Men 1000 Race			3	ED EDGELL	43 VNST 13:07.59
4	STEVE DYE	37 VNST 21:16.29	1	ALFRED WALSH	35 VNST 58.25	4	GENE SORRELL	42 VNST 17:32.45
5	DAVID WALSBUURY	34 VNST 1:01.44	2	CARTER GRANT	36 VNST 59.73	Men 1650 Race		
6	ERIK WELLFORD	39 DCAC 16:47.61	3	ROBERT BLISS	35 TRIG 1:01.87	1	GRAY EDWARDS	41 VNST 21:40.28
7	ALAN CARIASO	30 DCAC 1:18.14	4	MICHAEL KONTOS	35 VNST 1:07.30	2	JOHN FEINSTEIN	40 UNAT 23:56.89
8	GUY BEAVER	34 VNST 1:20.16	5	DARRELL COFSKY	39 SABS 1:09.35	3	ED KILLNER	43 VNST 2:30.43
9	JOEL GINSBERG	33 DCAC 1:23.26	6	F. JOHNSON	36 DCAC 1:10.42	4	GENE SORRELL	42 VNST 2:35.83
Men 200 IN								
1	ERIK KIELIN	32 DCAC 2:05.56	7	STEVE WOLF	38 VNST 1:10.76	5	ED KILLNER	43 VNST 2:30.43
2	DAVID WALSBUURY	34 VNST 2:28.47	8	BARRY SAUNDERS	37 VNST 1:10.88	6	GENE SORRELL	42 VNST 2:35.83
3	SCOTT BLOOM	32 DCAC 2:43.01	9	WILLIAM MARTIN	36 VNST 1:13.32	Men 50 Race		
4	HORWOOD THORNTON	31 VNST 3:13.01	10	PETER VIROK	37 VNST 1:14.67	1	LAUG KEEN	41 VNST 29.32

Event Results for Timed Finals

Men 100 Back			Men 200 Back			Men 100 Free		
PL	Name	Time	PL	Name	Time	PL	Name	Time
1	LANG KEEN	1:01.58	1	DOUG WILSON	2:10.86	1	RICHARD ARLUCK	50 TRIG 52.97
2	JACK KARKEY	43 DCAC 33.89	2	RON HAGEE	48 VNST 2:46.72	2	WHARTON RANSEY	50 VNST 59.37
3	JIM REYNOLDS	43 VNST 35.47	3	MIKE O'NEILL	45 DCAC 12:34.00	3	WALTER BRUNDAGE	52 VNST 1:01.24
4	CRAIG BAUER	43 VNST 35.89	4	DOUG WILSON	45 DCAC 12:34.00	4	JIM SLAUGH	50 VNST 1:09.50
5	HUDNALL DAVIS	41 UNAT 36.99	5	MIKE O'NEILL	49 VNST 13:15.62	5	HOWARD BUTTS	54 VNST 1:18.09
Men 100 Breast			Men 200 Breast			Men 100 Fly		
1	SEAN WEBB	44 VNST 1:12.16	1	JIM HARKS	46 DCAC 14:32.05	1	JOSEPH GUIGNON	49 UNAT 31.44
2	HUDNALL DAVIS	41 UNAT 1:21.26	2	MIKE O'NEILL	45 VNST 34.84	2	JIM MILLER	45 VNST 34.84
3	JIM REYNOLDS	43 VNST 1:24.29	3	MIKE O'NEILL	49 UNAT 1:05.51	3	JOSEPH GUIGNON	49 UNAT 1:05.51
4	ROBERT BIGELOW	42 DCAC 1:24.33	4	MIKE O'NEILL	45 VNST 1:09.73	4	MIKE O'NEILL	49 VNST 1:09.73
5	RICK STUDLEY	42 VNST 1:28.67	5	MIKE O'NEILL	48 VNST 1:33.96	5	JOHN MILLER	45 VNST 1:13.16
Men 200 Fly			Men 100 Back			Men 200 Back		
1	LANG KEEN	41 VNST 2:36.68	1	ROBERT ABRANSON	52 DCAC 1:10.00	1	JOSEPH GUIGNON	49 UNAT 2:24.78
2	ROBERT BIGELOW	42 DCAC 3:02.74	2	HOWARD BUTTS	54 VNST 40.82	2	MIKE O'NEILL	49 VNST 2:34.99
3	RICK STUDLEY	42 UNAT 3:30.54	3	JIM SLAUGH	50 VNST 45.30	3	JIM MILLER	45 VNST 2:37.19
Men 50 Fly			Men 100 Breast			Men 200 Fly		
1	LANG KEEN	41 VNST 27.14	1	HOWARD BUTTS	54 VNST 40.82	1	DAVID HEFNER	41 VNST 2:46.43
2	JOHN FEINSTEIN	40 UNAT 28.12	2	JIM SLAUGH	50 VNST 45.30	2	VICTOR NICKUNAS	40 VNST 1:26.37
3	ED MILLER	43 VNST 30.92	3	HOWARD BUTTS	54 VNST 1:35.35	3	DAVID HEFNER	41 VNST 2:46.43
4	BLAINE PEARSALL	43 SABS 32.82	4	HOWARD BUTTS	54 VNST 1:35.35	4	JOHN FEINSTEIN	40 UNAT 1:02.27
Men 100 Free			Men 200 Breast			Men 100 In		
1	JOHN FEINSTEIN	40 UNAT 1:02.27	1	HARRY KLANKER	45 VNST 45.41	1	DAVID HEFNER	41 VNST 1:03.66
2	VICTOR NICKUNAS	40 VNST 1:26.37	2	GEORGE ROUDER	45 DCAC 43.29	2	JOHN FEINSTEIN	40 UNAT 1:10.99
Men 200 Free			Men 50 Fly			Men 100 Back		
1	DAVID HEFNER	41 VNST 2:46.43	1	JOSEPH GUIGNON	49 UNAT 28.33	1	ED MILLER	43 VNST 1:12.03
2	JOHN FEINSTEIN	40 UNAT 1:10.99	2	DOUG WILSON	45 DCAC 29.01	2	JIM REYNOLDS	43 VNST 1:14.00
3	ED MILLER	43 VNST 1:12.03	3	JOSEPH GUIGNON	49 UNAT 28.33	3	JIM REYNOLDS	43 VNST 1:14.00
4	JIM REYNOLDS	43 VNST 1:14.00	4	JOSEPH GUIGNON	49 UNAT 28.33	4	BLAINE PEARSALL	43 SABS 1:16.96
5	BLAINE PEARSALL	43 SABS 1:16.96	5	JOSEPH GUIGNON	49 UNAT 28.33	5	ROBERT BIGELOW	42 DCAC 1:17.92
6	ROBERT BIGELOW	42 DCAC 1:17.92	6	JOSEPH GUIGNON	49 UNAT 28.33	6	VICTOR NICKUNAS	40 VNST 1:18.50
7	VICTOR NICKUNAS	40 VNST 1:18.50	7	JOSEPH GUIGNON	49 UNAT 28.33	Men 200 In		
Men 200 In			Men 200 Fly			Men 100 In		
1	LANG KEEN	41 VNST 2:13.78	1	DOUG WILSON	45 DCAC 1:03.48	1	LANG KEEN	41 VNST 1:03.66
2	VICTOR NICKUNAS	40 VNST 2:57.68	2	ERIC MILLER	48 VNST 1:24.03	2	JOHN FEINSTEIN	40 UNAT 1:10.99
Men 400 In			Men 200 In			Men 100 In		
1	LANG KEEN	41 VNST 4:51.81	1	DOUG WILSON	45 DCAC 2:23.97	1	ED MILLER	43 VNST 1:12.03
Age 45 Through 49			Men 100 In			Men 200 In		
PL	Name	Age Team	PL	Name	Time	PL	Name	Time
1	GEORGE ROUDER	45 DCAC 37.04	1	JOSEPH GUIGNON	49 UNAT 1:04.76	1	JOSEPH GUIGNON	49 UNAT 1:04.76
2	JIM MILLER	45 VNST 27.58	2	MIKE O'NEILL	49 VNST 1:12.25	2	MIKE O'NEILL	49 VNST 1:12.25
3	ERIC MILLER	48 VNST 29.47	3	HARRY KLANKER	45 VNST 1:24.87	3	HARRY KLANKER	45 VNST 1:24.87
Men 50 Free			Men 200 In			Men 50 Breast		
1	RICHARD ARLUCK	50 TRIG 24.40	1	HARRY KLANKER	45 VNST 3:11.99	1	CHUCK WILMORE	61 VNST 1:26.22
2	WHARTON RANSEY	50 VNST 25.78	Age 50 Through 54			2	CHUCK WILMORE	61 VNST 3:05.49
3	JIM SLAUGH	50 VNST 30.71	PL	Name	Age Team	PL	Name	Time
Men 100 Free			Age 50 Through 54			Men 400 In		
1	RICHARD ARLUCK	50 TRIG 24.40	PL	Name	Age Team	PL	Name	Time
2	WHARTON RANSEY	50 VNST 25.78	1	JOHN MCGILL	60 VNST 8:21.54	Age 75 Through 79		
3	JIM SLAUGH	50 VNST 30.71	Age 75 Through 79			Men 50 Free		
Men 50 Free			Age 75 Through 79			Men 50 Free		
1	HARRY HOWELL	78 VNST 41.28	PL	Name	Age Team	PL	Name	Time
2	RUSSELL DAVIS	76 VNST 48.65	1	HARRY HOWELL	78 VNST 41.28	Age 35 Through 44		

Event Results for Timed Finals

Men 100 Back			Men 100 Free			Age 45 Through 49		
PL	Name	Time	PL	Name	Time	PL	Name	Time
1	LANG KEEN	41 VNST 1:01.58	1	RUSSELL DAVIS	76 VNST 1:49.16	1	RUSSELL DAVIS	76 VNST 1:49.16
2	JACK KARKEY	43 DCAC 33.89	2	RUSSELL DAVIS	76 VNST 22:04.38	2	RUSSELL DAVIS	76 VNST 22:04.38
3	JIM REYNOLDS	43 VNST 35.47	3	BILLIE MILLNER	66 VNST 50.28	3	BILLIE MILLNER	66 VNST 50.28
4	CRAIG BAUER	43 VNST 35.89	4	BILLIE MILLNER	66 VNST 2:07.80	4	BILLIE MILLNER	66 VNST 2:07.80
5	HUDNALL DAVIS	41 UNAT 36.99	5	BILLIE MILLNER	66 VNST 5:14.82	5	BILLIE MILLNER	66 VNST 5:14.82
Men 100 Breast			Men 200 Free			Age 55 Through 64		
1	SEAN WEBB	44 VNST 1:12.16	1	RICHARD ARLUCK	50 TRIG 2:00.91	1	RICHARD ARLUCK	50 TRIG 2:00.91
2	HUDNALL DAVIS	41 UNAT 1:21.26	2	LARRY ROUSSELL	53 UNAT 8:16.35	2	LARRY ROUSSELL	53 UNAT 8:16.35
3	JIM REYNOLDS	43 VNST 1:24.29	3	LARRY ROUSSELL	53 UNAT 8:16.35	3	LARRY ROUSSELL	53 UNAT 8:16.35
4	ROBERT BIGELOW	42 DCAC 1:24.33	4	LARRY ROUSSELL	53 UNAT 8:16.35	4	LARRY ROUSSELL	53 UNAT 8:16.35
5	RICK STUDLEY	42 VNST 1:28.67	5	LARRY ROUSSELL	53 UNAT 8:16.35	5	LARRY ROUSSELL	53 UNAT 8:16.35
Men 200 Breast			Men 50 Free			Age 19 Through 24		
1	SEAN WEBB	44 VNST 1:12.16	1	ALLAN HOWELL	50 VNST 13:17.16	1	ALLAN HOWELL	50 VNST 13:17.16
2	HUDNALL DAVIS	41 UNAT 1:21.26	2	ALLAN HOWELL	50 VNST 13:17.16	2	ALLAN HOWELL	50 VNST 13:17.16
3	JIM REYNOLDS	43 VNST 1:24.29	3	ALLAN HOWELL	50 VNST 13:17.16	3	ALLAN HOWELL	50 VNST 13:17.16
4	ROBERT BIGELOW	42 DCAC 1:24.33	4	ALLAN HOWELL	50 VNST 13:17.16	4	ALLAN HOWELL	50 VNST 13:17.16
5	RICK STUDLEY	42 VNST 1:28.67	5	ALLAN HOWELL	50 VNST 13:17.16	5	ALLAN HOWELL	50 VNST 13:17.16
Men 50 Fly			Men 100 Back			Age 19 Through 24		
1	LANG KEEN	41 VNST 27.14	1	ROBERT ABRANSON	52 DCAC 2:37.99	1	ROBERT ABRANSON	52 DCAC 2:37.99
2	JOHN FEINSTEIN	40 UNAT 28.12	2	ROBERT ABRANSON	52 DCAC 2:37.99	2	ROBERT ABRANSON	52 DCAC 2:37.99
3	ED MILLER	43 VNST 30.92	3	ROBERT ABRANSON	52 DCAC 2:37.99	3	ROBERT ABRANSON	52 DCAC 2:37.99
4	BLAINE PEARSALL	43 SABS 32.82	4	ROBERT ABRANSON	52 DCAC 2:37.99	4	ROBERT ABRANSON	52 DCAC 2:37.99
Men 100 Free			Men 200 Breast			Age 19 Through 24		
1	JOHN FEINSTEIN	40 UNAT 1:02.27	1	HARRY KLANKER	45 VNST 45.41	1	HARRY KLANKER	45 VNST 45.41
2	VICTOR NICKUNAS	40 VNST 1:26.37	2	GEORGE ROUDER	45 DCAC 43.29	2	GEORGE ROUDER	45 DCAC 43.29
Men 200 Free			Men 50 Fly			Age 19 Through 24		
1	DAVID HEFNER	41 VNST 2:46.43	1	JOSEPH GUIGNON	49 UNAT 28.33	1	JOSEPH GUIGNON	49 UNAT 28.33
2	JOHN FEINSTEIN	40 UNAT 1:10.99	2	DOUG WILSON	45 DCAC 29.01	2	DOUG WILSON	45 DCAC 29.01
3	ED MILLER	43 VNST 1:12.03	3	JOSEPH GUIGNON	49 UNAT 28.33	3	JOSEPH GUIGNON	49 UNAT 28.33
4	JIM REYNOLDS	43 VNST 1:14.00	4	JOSEPH GUIGNON	49 UNAT 28.33	4	JOSEPH GUIGNON	49 UNAT 28.33
5	BLAINE PEARSALL	43 SABS 1:16.96	5	JOSEPH GUIGNON	49 UNAT 28.33	5	JOSEPH GUIGNON	49 UNAT 28.33
6	ROBERT BIGELOW	42 DCAC 1:17.92	6	JOSEPH GUIGNON	49 UNAT 28.33	6	JOSEPH GUIGNON	49 UNAT 28.33
7	VICTOR NICKUNAS	40 VNST 1:18.50	7	JOSEPH GUIGNON	49 UNAT 28.33	7	JOSEPH GUIGNON	49 UNAT 28.33
Men 200 In			Men 200 Fly			Age 19 Through 24		
1	LANG KEEN	41 VNST 2:13.78	1	DOUG WILSON	45 DCAC 1:03.48	1	DOUG WILSON	45 DCAC 1:03.48
2	VICTOR NICKUNAS	40 VNST 2:57.68	2	ERIC MILLER	48 VNST 1:24.03	2	ERIC MILLER	48 VNST 1:24.03
Men 400 In			Men 200 In			Age 19 Through 24		
1	LANG KEEN	41 VNST 4:51.81	1	DOUG WILSON	45 DCAC 2:23.97	1	DOUG WILSON	45 DCAC 2:23.97
Age 45 Through 49			Men 100 In			Age 19 Through 24		
PL	Name	Age Team	PL	Name	Time	PL	Name	Time
1	GEORGE ROUDER	45 DCAC 37.04	1	JOSEPH GUIGNON	49 UNAT 1:04.76	1	JOSEPH GUIGNON	49 UNAT 1:04.76
2	JIM MILLER	45 VNST 27.58	2	MIKE O'NEILL	49 VNST 1:12.25	2	MIKE O'NEILL	49 VNST 1:12.25
3	ERIC MILLER	48 VNST 29.47	3	HARRY KLANKER	45 VNST 1:24.87	3	HARRY KLANKER	45 VNST 1:24.87
Men 50 Free			Men 200 In			Age 19 Through 24		
1	RICHARD ARLUCK	50 TRIG 24.40	1	HARRY KLANKER	45 VNST 3:11.99	1	HARRY KLANKER	45 VNST 3:11.99
2	WHARTON RANSEY	50 VNST 25.78	Age 50 Through 54			Age 19 Through 24		
3	JIM SLAUGH	50 VNST 30.71	PL	Name	Age Team	PL	Name	Time
Men 100 Free			Age 50 Through 54			Age 19 Through 24		
1	RICHARD ARLUCK	50 TRIG 24.40	PL	Name	Age Team	PL	Name	Time
2	WHARTON RANSEY	50 VNST 25.78	1	JOHN MCGILL	60 VNST 8:21.54	Age 75 Through 79		
3	JIM SLAUGH	50 VNST 30.71	Age 75 Through 79			Men 50 Free		
Men 50 Free			Age 75 Through 79			Men 50 Free		
1	HARRY HOWELL	78 VNST 41.28	PL	Name	Age Team	PL	Name	Time
2	RUSSELL DAVIS	76 VNST 48.65	1	HARRY HOWELL	78 VNST 41.28	Age 35 Through 44		

(Continued on last page)

VMST March Birthdays

Diane Cayce	Richmond	3/2/56	*40 George Lee	Richmond	3/10/55	41
Michael Espino	Fairfax	3/12/64	32 Mary Lee	Newport News	3/3/59	37
David Finn	Richmond	3/25/44	52 Billie Millner	Newport News	3/21/29	67
Deborah Fish	Fredericksburg	3/5/65	31 Ashby Moncure	Richmond	3/22/66	*30
James Hart	Goodview	3/19/33	63 Andrew Ringh	Richmond	3/28/66	*30
John Houston III	Gainesville	3/2/53	43 Donald Sedberry	West Point	3/7/31	*65
Nancy Hunyady	Newport News	3/18/59	37 James Slauch	Bealeton	3/2/45	51
Patricia Kellogg	White Marsh	3/31/56	*40 Rick Studley	Clifton	3/29/53	43
Susan Kelly	Stafford	3/29/55	41 Roberta Sugden	Lynchburg	3/29/17	79
Mei Lena Lau	Richmond	3/31/49	47 Arthur Tuthill	Blacksburg	3/24/19	77

* indicates swimmers who are "aging up"

Places to Swim Across Virginia

BLACKSBURG: Contact Alan Davis at (540) 951-3475 or the pool at (540) 231-6916. T & Th 8-9AM, Sat. 4-6PM, Sun. 4-5:30 PM.

CHARLOTTESVILLE: Smith Pool - M-Th:7:30-9PM. Contact Craig C. Clift (804)293-6657

CHESAPEAKE: YMCA (804)547-9622

CHESTER: Chester Family YMCA - 3011 W. Hundred Road. Contact Jay Crawford (804)748-9622

HARRISONBURG: Contact Susan Lees Arnold (703)434-6224

LYNCHBURG: Lynchburg YMCA - Contact Jim McFarland (703)384-1556

NEWPORT NEWS: Riverside Health and Fitness Center - (804)877-8223; Sentara Hampton Fitness Center (804)827-0420

NORFOLK: Fleet Rec. Park - Hampton Blvd. Lap swimming; YMCA - Some coached workouts. Call for times. (804)622-9622

NORTHERN VIRGINIA: Chinn Aquatic Center - M-Th: 8:30-9:30PM, Sat & Sun: 7-8AM. Contact Harry DeLong (703)368-0309

PORTSMOUTH: YMCA (804)399-5511

RICHMOND: Riverside Wellness & Fitness Center/Briarwood - Robious Rd., Midlothian M-F: 6-7AM, M-Th: 7:15-8:30PM, Sat: 8-9AM, Sun: 4-5PM. Contact Jim Miller (804)320-3999; Tuckahoe Branch YMCA - Patterson Avenue. Contact Mark Woodard (804)740-9622

ROANOKE: Lancerlot Fitness Center - 1111 Vineyard Rd., Vinton T & Th: 7-8PM, Sat: 10-11AM. Contact Howard Butts (703)992-1736 (home) (703)981-0205 (work); Gator Aquatic Center - 1130 Overland Rd., Roanoke M & W: 7:30-9:30PM, T & Th: 6-7AM, Sat: 7-9AM, Sun: 6-8PM. Contact Kathy Shober (703)982-7665

STAFFORD: Fitness University - Aquia Towne Center, Route 1 MWTh: 8:30-9:30PM. Contact Lou-Ann Hadlock (703)659-6737

STAUNTON: Staunton Racquet Club - MWF: 5:30-6:30PM. Contact Diane Kent (703)885-6069

VIRGINIA BEACH: Virginia Beach YMCA - MWF: 6:30-7:30PM, Sat: 8-9AM. Lap swims at various times. (804)499-2311; Dam Neck Navy Base - Lap swims 11AM-1:30PM and 4-6PM. (804)433-7183; Virginia Beach Recreation Centers - Lap lanes available. Great Neck (804)496-6766; Kempsville (804)474-8492; Bayside (804)460-7540; Bow Creek (804)431-3765; Princess Anne (804)426-0022

WILLIAMSBURG: James City Co. Rec. Center - Longhill Road, Williamsburg M-F: 6-7AM (coach), MWF: 6-7PM (no coach). (804)229-5676

Please let the editors know if your pool is not listed in this column.

VMST SWEATSHIRTS - NOW AVAILABLE...

Do you need a new VMST sweatshirt? If so, you're in luck. VMST sweatshirts are available in black or gray, in sizes small, medium, large, X-large, and XX-large. The sweatshirts have the VMST logo on the front and "USA Masters Swimming" on the back. Prices are as follows:

sweatshirt with hood: \$22 (\$2 extra for XXL)

sweatshirt - crew neck: \$16 (\$2 extra for XXL)

sweat pants: \$13 (\$2 extra for XXL)

To place an order, fill out the order form below and mail it with your check to Craig Campesi, VMST SWEATS, 14134 Walton Drive, Manassas, VA 22111-3701.

Name: _____	Sweatshirt w/hood	Color	Size	Price
Address: _____	Sweatshirt	_____	_____	_____
City/State/Zip: _____	Sweatpants	_____	_____	_____
	TOTAL			\$ _____

If Undeliverable Return to:
Stevenson
15 Bostwick Lane
Richmond, VA 23226

Bulk Rate
U.S. Postage
PAID
Permit No. 1630
Richmond, VA

HEATHER N STEVENSON
 15 BOSTWICK LN
 RICHMOND VA 23226-3106

(Results - continued from p. 8)

LMSC FOR VIRGINIA

Meet Manager Pg 9

Virginia Masters Winter Invitational
 February 10 & 11, 1996 -- Richmond, Virginia

Event Results for Timed Finals

HARRY KLANNER-45	ED MILLNER-43
K. THORNTON-31	JIM MILLER-45
5 DCAC J N-25	DCAC 2:10.29
GEORGE ROYDER-45	EDUARDO GUEDEZ-34
ALAN CARIASO-30	JOEL GINSBERG-33
Men 200 R-Medley	
1 DCAC C N-25	DCAC 1:45.57
NETLL WILLIAMS-27	GLENN KLAKER-28
ERIK KIELIN-32	DAVID MICHAELS-32
2 VNST L N-25	VNST 1:47.38
ANDY ZINGH-29	IAN WRIGHTSON-31
JERRY SMITH-30	MARK GILL-27
3 SABS A N-25	SABS 1:50.56
DARRELL COFSKY-39	DARREN GORNAN-24
ART SANCHEZ-25	ALAIDE PEARSALL-43
4 DCAC D N-25	DCAC 2:27.59
EDUARDO GUEDEZ-34	JOEL GINSBERG-33
ALAN CARIASO-30	GEORGE ROYDER-45

--- Age 35 Through 44 ---
 PL Name Team Finals

Men 200 R-Free	
1 DCAC E N-35	DCAC 1:44.09
LEO ESPINGSA-35	F. JOHNSON-36
DOUG WILSON-45	JOSE CUNNINGHAM-39
Men 200 R-Medley	
1 VNST M N-35	VNST 1:50.81
LANG NEER-41	PATRICK RYAN-37
JAMES BRINKMAN-37	SEAN WEBB-44
2 DCAC E N-35	DCAC 1:54.35
LEO ESPINGSA-35	JOSE CUNNINGHAM-39
DOUG WILSON-45	F. JOHNSON-36

--- Age 45 Through 74 ---
 PL Name Team Finals

Men 200 R-Medley	
1 VNST N N-45	VNST 3:04.00
F. SULLIVAN-66	CALVIN BARNES-72
NORMAN RAIMER-67	BILLIE MILLNER-66

--- Age 19 Through 24 ---
 PL Name Team Finals

Mixed 200 R-Free	
1 SABS C Y-19	SABS 2:02.86
JOHN THOREN-31M	LISA SHELDON-32W
DARRELL COFSKY-39M	TRACEY KOLB-24W
Mixed 200 R-Medley	
1 VNST E Y-19	VNST 2:12.07
NICKA TAYLOR-24W	GARY RIVERA-29M
GLENN HOSSEMERMAN-25M	ASHLEY NORCURE-29W

Event 43 Women 200 R-Medley
 PL Name Team Finals

--- Age 19 Through 24 ---	
1 VNST G W-19	VNST 2:07.48
BUSCAGLIA, C.-31	VAZO, NENA-24
DEAN, MOLLY-30	HELLEN, VALERIE-25
--- Age 25 Through 34 ---	
1 DCAC G W-25	DCAC 2:18.99
KIZER, SUSAN-30	WALSH, SHEILA-25
KCHERNEY, L.-31	SYLVESTER, K.-30
--- Age 35 Through 44 ---	
1 VNST I W-35	VNST 2:12.39
CILEY, TORY-35	POWIS, PATRICIA-35
BRAATEN, KITTER-40	JANERSON, C.-35

--- Age 45 Through 54 ---
 1 VNST H W-45 VNST 2:23.56
 MARTIN, JUDY-53 DURRANT, BETSY-54
 GAULT, T.-45 MILLER, NANCY-46

--- Age 55 Through 64 ---
 1 VNST J W-55 VNST 2:52.99
 GRIFFIN, L.-57 DETRICK, J.-60
 WILKINS, RHEA-55 AVERETTE, JOAN-59

Editors' Note: It's Nice to Age Up, but...
 We made a couple of embarrassing gaffes last month:
 Mike Stott (2/10/43) is 53, not 58, and David Gouger
 (2/4/55) is 41, not 91. Sincere apologies, guys!